

The Fence Post



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Celebrating the marriage of Kelly Smith and Mac Cole—19th February 2021

The Fence Post - Informing the people of Narembeen since 1978



THE FENCE POST INC

PO Box 7, Narembreen, WA. 6369
9064 7055

fencepost@westnet.com.au

*** DEADLINE 10.30 AM TUESDAY ***

OFFICE HOURS: Tuesday 8:30 - 12pm

**News items or payments may be left at the front desk of the CRC
when the Fence Post office is closed.**

Advertising Rates 2021

	B&W	Colour		B&W	Colour
Small ads up to ¼ Page	\$8	\$13	One Third Page	\$10	\$20
One half Page	\$15	\$25	Two Thirds Page	\$20	\$35
Full Page	\$30	\$50			

PREFERRED FORMAT-WORD, PUBLISHER OR PDF

ANNUAL SUBSCRIPTION RATES 2021

DUE 1st March

Local and Online	\$66
Mailing	\$110



Online payments 306-026 - 543 1678

EDITORS

Gina DeLuis, Sherrie Heather, Lorraine Lethlean,
Maxine Miolini (Editor-in-Chief), Kellie Mortimore

ROSTER

<u>Date</u>	<u>Editor</u>	<u>Typist</u>	<u>Ads</u>
9th March 21	Gina De Luis	Rhonda Cole	Noela Cole
16th March 21	Kellie Mortimore	Kellie Mortimore	Kellie Mortimore

The Fence Post is a weekly (45 weeks of the year) voluntary publication in A4, printed mainly in black and white, the email edition is in colour. The newspaper is printed by our local CRC on a Wednesday. There are no summer holiday editions. Advertisements received by email will be invoiced to that address.

Disclaimer

The views expressed in articles in this newspaper are not necessarily the views of the Editor or other volunteers who produce this newspaper. The Editor has the right to withhold, edit or abbreviate any items.

FENCEPOST SUBSCRIPTIONS ARE NOW DUE. HAVE YOU PAID? SUBSCRIPTIONS ARE DUE ON 1ST MARCH EACH YEAR. PLEASE PAY



Over the Fence....

CONGRATULATIONS MR & MRS COLE



Congratulations to Kelly Smith and Mac Cole on their recent marriage – after a COVID19 hiccup their nuptials went ahead at Tiller Farm, Yallingup on Friday 19th February. It was a beautiful day. Here’s a sneak peak at the happy couple on the day.



Over the Fence (continued)

....



HAPPY 60TH MICHAEL

Michael Lethlean (Chick) celebrated his 60th birthday at his home with a gathering of a few friends and family. It was a special gathering with all the seven children of Joan and Hiram Lethlean coming together, this does not occur very often. Many of the nieces and nephews attended and Steve and Suzette Bailey travelled from Perth to help Michael celebrate. Emma Miolini made the cake that was decorated in St Kilda Football colours of Red Black and White and went down a treat especially with the great nephew. HAPPY BIRTHDAY MICHAEL!

BEST WISHES

Best wishes to John Currie (Snr) (Noela Coles' dad) who is currently recovering in Royal Perth Hospital. We wish him a very speedy recovery.

Also we wish Chris Padfield well for her recovery from her forthcoming operation on her leg.

MEMORIAL SERVICE

A Memorial Service for Rita Miller will be held at Uniting Church, 7 Heath Rd, Kalamunda. Sat 6 March at 10.00 am. Morning tea and catch up follows

Over the Fence (continued)

....

HAPPY 99TH BIRTHDAY LAURIE

On the 13th February a small gathering of close family & friends celebrated Laurie Hayter's 99th birthday. Laurie is eagerly awaiting his telegram from the Queen. Thank you to the staff at Koolberrin Lodge, especially Tina for the decorations.



International Women's Day - March 8, 2021

History of Women's Day

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.

Since those early years, International Women's Day has assumed a new global dimension for women in developed and developing countries alike. The growing international women's movement, which has been strengthened by four global United Nations women's conferences, has helped make the commemoration a rallying point to build support for women's rights and participation in the political and economic arenas.

This day is always celebrated on March 8th and was officially recognized by the United Nations in 1977, International Women's Day first emerged from the activities of labour movements at the turn of the twentieth century in North America and across Europe.

#ChooseToChallenge #IWD2021

A challenged world is an alert world and from challenge comes change.
So let's all choose to challenge.

“No one can make you feel inferior without your consent.” – **Eleanor Roosevelt**

“I am grateful to be a woman. I must have done something great in another life.” –
Maya Angelou

“Where there is a woman, there is magic.” – **Ntozake Shange**

“Always be a first-rate version of yourself instead of a second-rate version of somebody else.” – **Judy Garland**

“We realise the importance of our voice when we are silenced.” – **Malala Yousafzai**

“There is nothing stronger than a broken woman who has rebuilt herself.” – **Hannah Gadsby**



From the Managers Desk

Happy Wednesday everyone!

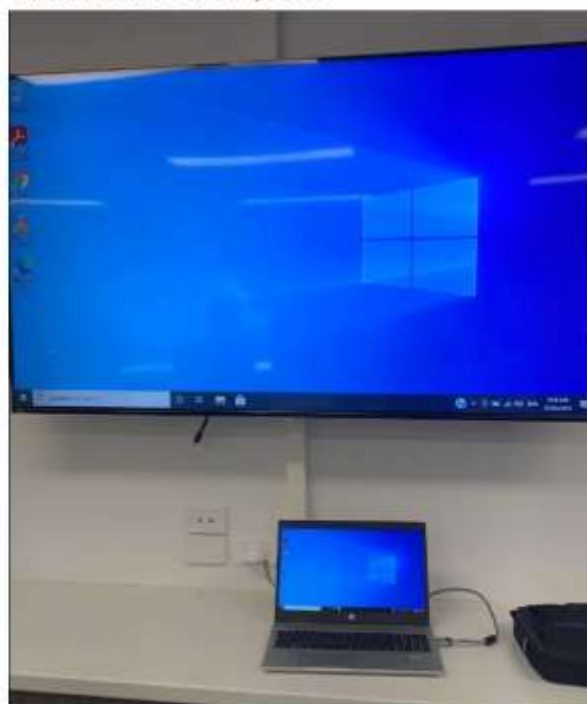
On Friday last week the CRC hosted it's first Story Time session for the year. With successful funding from the State Library of WA the Narembeen Public Library was able to not only purchase more equipment and materials but also develop a library activities program for the next 12 months.

This time the kids learned all about school, they created a school bus and some crazy school animals as well as singing, rhyming and reading books to all things school related. Thanks everyone for coming. Don't forget Rhyme time is happening next Monday, 8th here at the library.



With more successful funding from the Department of Primary Industries and Regional Development (DPIRD) the CRC purchased a new, bigger TV as well as a new Laptop. This new, updated and easy to use equipment will ensure quick and effective videoconferencing facilities. The Laptop will also be available for hire. On another note, I believe that our seniors will be quite happy to see our new TV at the Seniors Movie next week! I can ensure you it is much

bigger, louder and better than the old one. We cannot wait to show you!!!



Apex Park – Public Toilets

A temporary construction fence has been installed over the weekend at Apex Park and demolition is scheduled to start this week on the toilet block. The public toilets adjacent to the Dentist have been cleaned and are now open. Alternative public toilets are located next to the Medical Centre in the Community Precinct.

The Narembeen CRC office will be **closed** this Friday, 5th March! If you need anything please email crcreception@narembeen.wa.gov.au or visit the Shire office on 1 Longhurst Street.

*Vanessa Wittstock
CRC Coordinator*

Upcoming CRC Events

- Rhyme Time: Monday, 8 Mar 10.30am
- Seniors Movie Day: Monday, 8 Mar 1.00pm
- Morning Coffee Club: Wednesday, 17 March 10.30am
- Ladies Long Lunch: Saturday, 20 March 11.30pm
- STEM Story Time: Friday, 26 March 10.30am
- Triathlon: Saturday, 27 March 3.00pm
- XERO Workshop: Thursday, 1 April 9.00am
- Youth Week Event: Friday, 16 April 9.00am




T 9064 7055 | F 9064 7084

Unit 2 /19 Churchill Street, Narembeen WA 6369

crcreception@narembeen.wa.gov.au

www.narembeen.wa.gov.au

 Narembeen Community Resource Centre

 Narembeen CRC

BUILDING BRAINS TOGETHER
IN NAREMBEEN

RHYME TIME AT THE CRC

★ **RHYMES** ★ **SONGS** ★ **STORY**



JOIN US IN THE LIBRARY AT 10:30 am

Monday, 8 March 2021



Wadderin Wildlife Sanctuary

AGM

At the Narembeen Club
5.30pm Thursday
4 March 2021

RENAISSANCE LIFESTYLE MEDICINE

Noelene Sharpe

41 Currall St

I'm back in Narembeen and am taking
appointments for naturopathy and
remedial massage therapy for March.

Please make appointments by calling

Noelene Sharp

0416272370

EFTPOS Available

House for Sale



5 Ada Street, Narembeen.

3 Bedrooms, 2 Bathrooms with open plan living.
Woodfire, 2 reverse cycle Air Conditioners,
Instant Gas hot Water System
New kitchen, new carpet to all bedrooms,
new blinds to all rooms, painted inside and out.
All the hard work has been done.
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Or Joyce Contos 0428 891 244

Or calling office on 0890632037

**Leave message and Anne or Joyce will get back to
you**



NAREMBEEN HOSPITAL AUXILLARY AND NAREMBEEN DHS FUNDRAISER

TEA TOWELS AND TOTE BAGS

These limited edition tea towels and tote bags are available now for purchase from the **SCHOOL** and **THE CO-OP CAFÉ**.

Tea towels are \$15 and Tote Bags are \$20.

CASH only please.

All proceeds to go to the hospital.

Thank you for your support.





AG IMPLEMENTS - Narembeen

POSITIONS AVAILABLE

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Apprentice Mechanic

Parts Interpreter

Yard Person

Ag implements Narembeen is a fast-growing John Deere dealership based in the Eastern Wheatbelt.

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The successful candidate must be willing to live in rural Western Australia approximately 300kms from Perth.

We can provide for the right candidate:

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- Mature aged apprentice training
- Relocation Assistance
- Uniforms
- Phone and work vehicle supplied for the right candidate
- A fast-paced fun workplace
- Ongoing training throughout your career, with opportunities for advancement

Help with visa sponsorship for the correct suitably qualified candidate.

If this sounds like the job for you, please send your resume and a cover letter to

liam.hickey@agimplements.com.au by 15/03/2021

For any more information please call Branch Manager Liam Hickey 0409 408 957

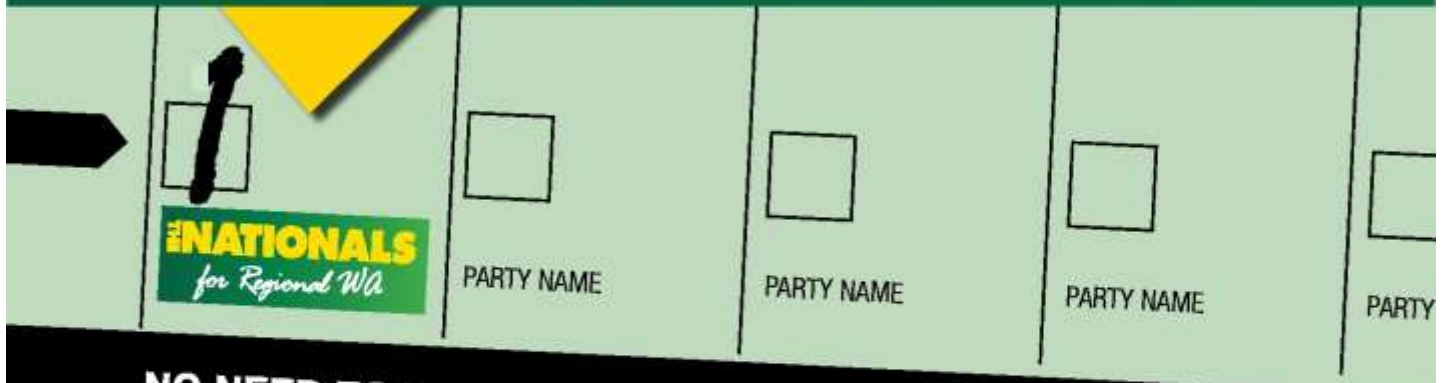
Junior Tennis
Coaching
MT WALKER TENNIS CLUB
 Thursdays 11 & 18 February
 4 & 11 March
 all welcome
 healthy afternoon tea provided
 K-2: 4:00-4:30
 Yr3-6: 4:30-5:15
 cost: \$10 for all sessions
 with coach
 contact Felicity to register
 0428 191 083



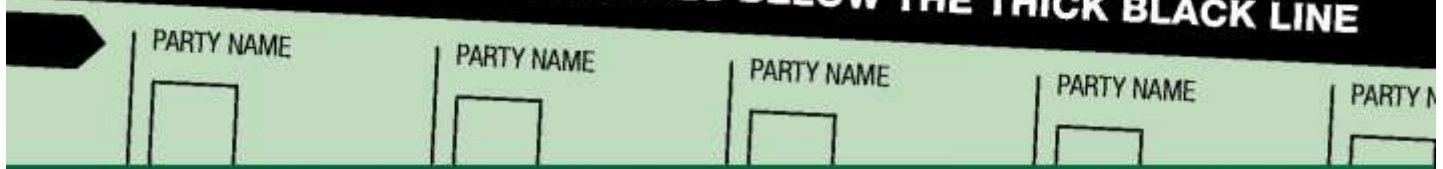

Narembeen Weather for the last week

Tuesday	23rd Feb	39.5		
Wednesday	24th Feb	35.2	17.9	
Thursday	25th Feb	36.6	16.1	
Friday	26th Feb	32.2	16.2	
Saturday	27th Feb	31.4	16.0	
Sunday	28th Feb	30	15.6	3
Monday	1st Mar	20.6	15.6	10
Tuesday	2nd Mar		16.6	

VOTE **1** **THE NATIONALS** for Regional WA in the Legislative Council



NO NEED TO NUMBER BOXES BELOW THE THICK BLACK LINE



The WA Labor Party want to **ABOLISH** more regional seats in Parliament !

The WA Labor Party have secret plans hidden deep within a 146 page dossier outlining their policy to abolish more regional seats in the State Parliament, further diminishing your voice in the Parliament.

Their desire to move parliamentary seats to Perth have resulted in the loss of seven country seats and seven voices standing up for you. Regional electorates are now comparable in size to European countries with some stretching for thousands of kilometres. If Labor gains control of the Upper House on March 13, their plan is to abolish another 9 country seats relocating them to the metropolitan suburbs.



Your Nationals team in the Legislative Council has fought hard for farmers, small business and families over the last four years. We stopped the closure of the Moora Residential College and School of the Air and fought against budget cuts to our country schools and community resource centres.

**Don't risk being governed by Perth politicians.
Vote 1 The Nationals on both ballot papers.**

THE NATIONALS for Regional WA

Only The Nationals will deliver *Royalties* for Regions in full.

Authorised by M Aldridge, 21 Binda Place Bindoon WA 6502.

EMPLOYMENT OPPORTUNITY

EXECUTIVE OFFICER



Go Narembeen seeks the services of an Executive Officer for the Association

- Flexible position
- 12 month contract, with opportunity of extension
- Up to 8 hours per week

Please contact Sheree Thomas 0427 610 193 to obtain a copy of the contract and services description or email go.narembeen@gmail.com

Applications close Wednesday 3 March 2021

WILLWAY PLUMBING & GAS

Dean: 0407762543

Email: dean@willwayplumbing.com

PL9957 GF18322

Narembeen Cricket Club

Cricket Rd 15

On Saturday the boys headed to Bruce Rock to play their last fixtured game for the season. Ever-reliable Gray won the toss and sent us into bat on a very grassy and undulating wicket. Gray took advantage of this luck and came out swinging, scoring 53 very quickly to get the Hawks off to a flying start. Bruce Rock fought back and managed to pick up 3 cheap wickets in the middle overs to have the game tightly balanced at 3-95. Reece Cousins thankfully had other ideas, after scoring a swashbuckling 38 off 20 odd balls and regaining the Hawks control in the late overs. The Hawks finished their innings with a very respectable 207 on a pitch that offered plenty for the bowlers.

Cousins continued on with this form with the ball as both he and Mac Cole ripped through the top order leaving Bruce Rock reeling at 5-25. Handy contributions from Cheetham who also picked up a couple of late wickets and also Adam (Butters) Miolini who managed to take 3 nice catches in the field. The Hawks managed to wrap up the Bruce Rock innings for 116 and bring some good momentum into finals this week.

Narembeen 7-207 defeated Bruce Rock 116

(Sprigg 69 n.o., Gray 53) (Cousins 4-16, Cole 2-25)

Team: Stuart Yandle, Mitchell Miolini, Adam Miolini, Chris Fields, Jordan Sprigg, Nick Cheetham, Danny Gray, Clinton Butler, Rhys Cousins, Kyle Della, Mac Cole, Brad Hinkley

The Hawks will play Nukarni this week at home for the elimination final, any local support would be greatly appreciated.

Final Ladder

Kulin Kondinin

Narembeen

Nukarni

Kalgarin-Hyden-Pingaring

Bruce Rock-Shack Ardath

Babakin-Corrigin

Naremben Cricket Club

Naremben Cricket Club Committee, Players & Members would like to extend a 'Sincere Thankyou' to all of our Sponsors listed below for their Sponsorship & Support for the 2020/21 Cricket Season & encourage all Players, Members & Others to support these Businesses in Appreciation for their Sponsorship.....



- *Naremben Roadhouse*
- *Cody's Express Freightlines*
- *Quairading-Bruce Rock Seed Cleaners*
- *Elders Naremben*
- *Glencore Grains*
- *Naremben Dental*
- *Naremben Engineering & Steel*
- *Brownley Plumbing & Gas*
- *Hubbard Livestock Agencies*
- *Naremben Club Inc.*
- *Colestan Electrics*
- *Naremben Tyre Service*
- *Varley Transport*
- *Trans-Plus Freightlines*
- *Eastern Districts Seed Cleaners*
- *Naremben IGA*
- *Sonic Boomspray*

Many Thanks also to the Taylor Family for our Fundraiser Event

President: Jake Cole

Secretary: Mac Cole

Treasurer: Clint Butler

narembencricketclub@gmail.com



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March 2021

Melissa Pickering

CCWA Regional Education Officer - Wheatbelt
 T: 9574 5392 M: 0427 876 946
 75 York Rd Northam WA 6401
 Melissa.Pickering@cancerwa.asn.au

Vegies On WA School Menus During March Munch

In March students will be challenged to eat vegies every day as part of Crunch&Sip's® March Munch initiative with more than 575 classrooms and around 16,000 students across WA set to participate. The event runs throughout the month, with the concept being that registered WA classrooms/schools will reward their students for eating vegies daily during their Crunch&Sip® break, while incorporating a range of suggested activities and ideas to make vegies fun.

The initiative is coordinated by Cancer Council WA's Crunch&Sip® program. Cancer Council WA's Wheatbelt Regional Education Officer said March Munch is one of the strategies being implemented by the Crunch&Sip team to boost vegie intake in Western Australia.

"Registered classrooms will receive an event pack full of helpful resources for teachers to get kids excited about eating vegies every day, including daily activities such as calendar cards, sticker rewards and lesson plans," Ms Pickering said.

"This is our fifth March Munch and over the years we've had a lot of positive feedback from teachers and parents about the event and how it engages students, so we really want to make this year's event as big as ever."

It's easy to participate, by distributing the supplied calendar cards to students and rewarding those that eat vegies with one of the cute stickers provided in the event pack.

Also, any school that registers to become a certified Crunch&Sip school before the end of term 1, 2021 will go into a draw to win \$1000. Is your school a certified Crunch&Sip school? Go to www.crunchandsip.com.au/school/certified to find out.

The Crunch&Sip® program has been running in WA for 15 years and provides the opportunity for primary school students to eat vegetables or fruit in class, and sip water throughout the day.

Schools can register to become a Crunch&Sip school via the website

www.crunchandsip.com.au


Crunch&Sip®



Calling our Information and Support line 13 11 20

Calling 13 11 20 connects you to our Cancer Nurses. They can provide anyone affected by cancer with confidential, accurate information and support on any cancer-related concerns. Our Cancer Nurses can also inform you of our services and programs. You can call from anywhere in WA for the cost of a local call (except mobiles). We are open Monday to Friday from 9am to 5pm, except on public holidays when we are closed.

You can find more information at www.cancerwa.asn.au



Call our Cancer Nurses on 13 11 20
cancerwa.asn.au

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.

Partners:  Department of Health  Cancer Council WA

For more information visit findcancerearly.com.au or call 13 11 20



Heard something about cancer and not sure if it's true or just a myth?

Get the facts from iHeard

www.cancer.org.au/iheard

Champions help Find Cancer Early



Derek, Donnybrook
Prostate cancer

The Find Cancer Early campaign is designed to help West Australians spot cancer early and features Find Cancer Early champions who share their stories and encourage people to visit their doctor, clinic nurse or Aboriginal health worker if they feel something isn't right. New Find Cancer Early TV and radio adverts featuring regional champions aim to

- Increase awareness of cancer symptoms
- Encourage people to visit their doctor, clinic nurse, or Aboriginal health worker without delay if they have an unusual symptom.
- Encourage people to visit findcancerearly.com.au or call the Cancer Council WA Information and Support Line on [13 11 20](tel:131120) for more information.

Visit www.findcancerearly.com.au to learn more about the campaign and also learn how to spot symptoms early.

See the new TV adverts [here](#) and [here](#) or go to www.findcancerearly.com.au

Easy recipes

LiveLighter is a program developed in Western Australia which aims to encourage Australian adults to lead healthier lifestyles - to make changes to what they eat and drink, and to be more active.

The LiveLighter website is a great place to find nutrition information, including

- Top tips for a healthier lifestyle
- Tools and resources
- Fantastic recipes

Go to www.livelifghter.com.au and click on **Recipes**

Breakfast

COCO-MANGO CHIA

5 ingredients

PUDDING



Preparation time: 5 minutes
Cooking time: 2+ hours to set
Serves: 4

Ingredients

- ▲ 1 tablespoon maple syrup or golden syrup
- ▲ 1 1/2 cups unsweetened UHT coconut milk
- ▲ 1/2 cup (50g) chia seeds
- ▲ 2 teaspoons desiccated coconut
- ▲ 1 mango, peeled, seed removed, diced

Method

1. Place maple syrup in a 300ml capacity jar or container with a sealed lid, pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and half the coconut. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with diced mango and sprinkled with remaining coconut.

Hint

Unsweetened UHT coconut milk can be found in the same section of the supermarket as UHT soy milk.
Puddings are best made 4 to 8 hours before serving.

Variation

Include 2 teaspoons cocoa with chia seeds for a chocolatey taste. Top with frozen berries.

This recipe works with any milk or milk alternative (e.g. soy or almond milk).
Replace mango with any fruit you like. Sliced bananas, sliced peaches and berries work well.

For chai flavoured puddings, add a teaspoon of ground cinnamon plus a pinch of cardamom and cloves.

4 livelifghter.com.au

<https://livelifghter.com.au/recipe/568/coco-mango-chia-pudding>

Snack

HUMMUS FOUR WAYS

ready in
30 mins
or less

Ingredients

CLASSIC HUMMUS

- ▲ ½ clove garlic, peeled
- ▲ 400g can chickpeas, drained and rinsed
- ▲ 1 tablespoon tahini
- ▲ 2 tablespoons olive oil
- ▲ 2 tablespoons lemon juice
- ▲ 1½ teaspoons ground cumin (optional)
- ▲ Very cold water
- ▲ Ground black pepper and salt, to taste

ROAST PUMPKIN

- ▲ Add 1 cup (175g) roasted pumpkin and 2 cloves roasted garlic.

BETROOT AND MINT

- ▲ Add 225g tin of beetroot, drained (or roasted beetroot) and fresh mint.

MEDITERRANEAN

- ▲ Add 2 tablespoons olives and 2 tablespoons sundried tomatoes.

Method

1. Mince or grate the garlic. If you are using a food processor with a small bowl you can use it to do the garlic too.
2. Add chickpeas to the food processor with the other ingredients.
3. Blitz the ingredients (except pepper and salt), adding a tablespoon of very cold water at a time to help it blend. Keep adding water and blitzing until it's smooth and a texture you like.
4. Taste, and season with pepper and salt if required.

Hint

This recipe requires a food processor or blender to get a nice smooth texture.

Preparation time: 15 minutes
Serves: 8



36 livelighter.com.au

<https://livelighter.com.au/recipe/576/hummus-four-ways>

Mia DAVIES MLA

CENTRAL WHEATBELT

Dear Central Wheatbelt resident

At this election, every single vote will be important.

We know the way the COVID-19 pandemic has been managed is important, but how you vote at this State election is about more than one issue – especially in regional WA. If the Labor Party increase their vote they will introduce one-vote-one value in the Upper House and cut the number of regional representatives. There will be no check and balance for regional WA, we will lose our voice.

In addition to this threat, the Labor Government has slashed *Royalties for Regions*, short-changing our communities. They've collected record iron ore and gold royalties and are sitting on a \$3 billion budget surplus, but our region still struggles with high power and water bills, poor mobile phone connectivity, a lack of aged care services, crumbling roads and rail and no plan to fix it.

Only The Nationals WA have promised to restore *Royalties for Regions* in full. We are fighting to return your fair share of funding to the Central Wheatbelt for projects that are important to you and your community.

The way you vote is important – don't leave your future in the hands of Perth politicians. I'm asking for your support so The Nationals WA can keep fighting for you.

Yours sincerely

HON MIA DAVIES MLA

Leader of The Nationals WA,
Member for Central Wheatbelt



Vote 1 THE NATIONALS for Regional WA

Authorised by Mia Davies, 171 Fitzgerald Street, Northam, WA 6401.

**NAREMBEEN
TENNIS
HOSPITAL DAY 2021**



SUNDAY 7TH MARCH 2021

Mixed Doubles

AFTERNOON TEA PROVIDED

\$15 PER PLAYER

Monster Raffle

All money raised goes to our local hospital!!

Names to Brit Duncan by Thursday the 4th of March

Ph: 0417 612 045

Mt Walker Tennis Club



A quiet weekend of tennis due to the long weekend. We hope those members who went away enjoyed a bit of downtime before things crank up with seeding. A nice drop of rain with hopefully more this week!

Junior coaching is back again this Thursday and we look forward to seeing all our budding tennis stars out at Mt Walker for another week. It is fantastic to see the improvements the kids are making with their tennis skills and enthusiasm each week.

This Sunday is the Narembeen Hospital Day hosted by the Narembeen Tennis Club. Can members please get their names in for entry to either the Narembeen Tennis Club, Pete or Courtney by Thursday. This is a worthwhile cause and a great opportunity to support our local hospital. Remember to bring along a plate of afternoon tea to share.

NOTICE OF AGM

The Mt Walker Tennis Club will hold its AGM at 3pm at the Mt Walker Sports Club.

Please forward agenda items to Felicity Cowan, Secretary at felicity.cowan@crichtonvale.com

Social Tennis & Thermomix Raffle Draw to follow.

COMING EVENTS:

Thursday 4 March	Junior Tennis Coaching from 4pm
Sunday 7 March	Narembeen Hospital Day @ Narembeen, MT WALKER CLOSED
Thursday 11 March	Junior Tennis Coaching from 4pm
Sunday 14 March	CLOSING DAY & AGM Social from 3pm – BBQ & salad to share MWSC Thermomix Raffle Draw
Saturday, 27 March	Tennis Club Wind Up, Long Lunch – invite will be shared amongst members

SUBS DUE NOW (Tennis Members)

Full \$120 Social \$60 Junior \$35

Please pay by cheque, cash or EFT to: Mt Walker Sports Club, BSB 306 026, Account No. 5100512
Use surname and initial as narrative

*** NEW MEMBERS WELCOME ***



Brownley's Plumbing & Gas

Gas Licence# GF8292

Plumbers Licence# PL6574

ABN# 81 363 273 168

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Solar heating installations and maintenance

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E: gavinbrownley@gmail.com

54 Dampier Street, Bruce Rock WA 6418

PO Box 137, Bruce Rock WA 6418



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2021 GRAINS RESEARCH UPDATE



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Save the Date - Merredin

Friday, 12th March 2021

Cummins Theatre, 31 Bates Street, Merredin

www.giwa.org.au/2021researchupdates

E: researchupdates@giwa.org.au

P: 08 6262 2128

 @GRDCWest #GRDCUpdates

grdc.com.au

R2K Contracting

Hydraulics Sales & Service
Hydraulic Component's Sales ex supplier

Richard Kovac & Robyn Kovac
21 Westral Street (PO Box 30)
Bruce Rock WA 6418
Richard 0427 851 870
Robyn 0400 552 141
Fax: 08 9061 1194
ABN: 16 563 552 915
E-mail: rdkovac@bigpond.net.au

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For all your grader requirements in Narembeen and surrounds.



Contact Digby Slade
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How to do conflict with the people who matter to you

FINDING YOUR WAY THROUGH CHALLENGING CONVERSATIONS

DESIGNED FOR FARM BUSINESSES & FAMILIES

SINGLE-DAY WORKSHOP | PRACTICAL APPLICATION

Friday, 12 March 2021

9.00am to 5.00pm

Rendezvous Hotel, Scarborough

COST:

First person from farm business - \$300.00 (excl. GST)

Additional registration - \$150.00pp (excl. GST)

PLACES ARE LIMITED!

REGISTER AT: WWW.OASISPC.COM.AU/FARMING

Narembeen Golf Club

The results of the AGM of the Narembeen Golf Club are as follows:

President:	Greg Vaughan
Vice President:	Robert Miolini
Secretary:	Joan Cusack
Treasurer:	Julie Hayter
Men's Captains:	Tim Cusack, Aaron Lyon, Paul Wanless
Ladies Captains:	Maxine Miolini, Noela Cole, Julie Miller
Course Manager:	Mike Currie
Bar Manager:	John & Carol Currie
Catering:	Sherrie Heather and Gina DeLuis

Please keep a look out for the dates for the Ladies and Men's busy bees before Opening Day in April

New members very very welcome!!



Grain Brokers Australia Weekly Market Report

March 2, 2021

Volatility ahead for northern hemisphere winter crop production...

As the northern hemisphere spring approaches, the winter crop condition throughout Europe and North America is fast becoming a significant market focus, especially after an extremely cold weather system swept across both continents in mid-February.

In Europe, the winter has been marked by three distinct cold spells. The third and most pronounced of these occurred in the second week of February, with several regions experiencing double-digit sub-zero temperatures. In the process, some registered their lowest minimum temperatures in the last 50 years. Minimal frost damage is expected in areas that lost snow cover due to warmer conditions ahead of the cold spell.

The February cold snap also affected the largest area of the three, sweeping through Scandinavia and the Baltic States before moving south and west through Poland, Germany and parts of France, and finally through southeastern Europe to Turkey. Nevertheless, production impacts are expected to be limited, as most affected areas had developed adequate winter hardiness and were protected by a snow cover layer during the coldest periods.

The weather has turned decidedly warmer in the two weeks since the freeze. Rainfall has also been average or better, which could lead to early emergence from dormancy. Those crops would be at higher risk from sub-zero temperatures, especially if exposed with little snow cover. The latest 10-day forecast suggests mostly warm and dry conditions will dominate the majority of continental Europe.

The winter crops in France, The European Union's biggest grain producer, appear to have successfully negotiated the cold winter months and remain in excellent condition. Favourable growing conditions are expected to see the winter crop surpass last year's output, which struggled amidst a wet planting campaign and a late-season drought.

According to the government agency FranceAgriMer, the winter wheat crop was rated at 87 per cent good-to-excellent as of Monday 22nd February. This may be down from 96 per cent good-to-excellent in November 2020, but it is up a percentage point from the prior week and is well ahead of the 64 per cent for the same rating category at this time last year.

Similarly, the French barley fields overwintered well, with FranceAgriMer rating the crop 83 per cent good to excellent, steady week-on-week, down from 94 per cent in the final update of 2020, but notably higher than the 66 per cent at this time last season.

Conditions improved in Russia in late January, topping up the snow cover in many districts. However, in early February, a spell of warmer weather resulted in widespread snowmelt across southern Russia, leaving some regions exposed to the mid-month cold snap. The impact on yields is expected to be minimal at this stage, although a full assessment of damage and production loss will only be possible once spring arrives.

Despite recent temperatures being colder than average, the situation in Ukraine is more favourable. The crop was sown into good moisture in the autumn and was well established going into the winter dormancy period. Most northern and central regions have good snow cover leaving the crop well insulated against any further cold snaps. But, in the south, some key producing districts are susceptible due to lack of snow cover.

Of much greater concern to Black Sea winter crop production, according to leading agricultural consultancy SovEcon, is the development and persistence of an ice crust in fields across several regions. Suppose the ice crust lasts for two weeks or more the risk of winterkill increases substantially as the plant's photosynthesis process is disrupted. However, the weather forecast for the next few weeks has a warmer bias, which should alleviate any immediate risk.

Total US winter wheat plantings set a three year high in the autumn, rising five per cent compared to the autumn of 2019. The total harvested area is expected to grow by around three per cent, assuming average abandonment and a minor decline in area sown to spring wheat.

Bitterly cold temperatures in February increased the risks of frost damage across the southern US Plains, but a good uniform snow cover provided good protection in many areas. The harsh winter storms have been followed by warmer temperatures across the Northern, Central and Southern Plains. The warmth has extended across most of the regions that ran more than 10 degrees below normal for much of February.

There were only minor changes to the US winter wheat conditions reported last week compared to the January numbers. In Kansas, the largest production state, the good-to-excellent rating was down three per cent to 40 per cent. This compares to 45 per cent in the same week last year.

Texas probably suffered the worst in last month's freeze as the crop was already pushing a head in many districts. The USDA rated the crop at 30 per cent good-to-excellent, down one percentage point on the January number.

The crop rating in Oklahoma improved from 34 per cent to 38 per cent across the month. And in Colorado, the proportion of the crop in the good-to-excellent category rose five per cent to 52 per cent, dramatically better than last season's late February rating of just 28 per cent good to excellent.

Although current moisture levels are satisfactory in most districts, save for parts of the Great Plains, the early La Niña influence is a concern. The latest National Oceanic and Atmospheric Administration (NOAA) forecast suggests a 60 per cent chance of La Niña continuing into the spring and weakening thereafter.

There is always talk of production losses at this time of the year. The markets tend to be extremely volatile as the trade and consumers react to every snippet of information in isolation rather than the bigger picture. The reality is that most production estimates factor in a degree of yield loss from frost and winterkill, and that will vary by region according to historical performance. Keeping it all in perspective seems to be the trickiest part of the equation.

Call your local Grain Brokers Australia representative on 1300 946 544 to discuss your grain marketing needs.



CHURCH NOTICES



ST PAUL'S ANGLICAN

Sunday, March 7th

9.30am

Exodus Chapter 20 - Verses 1-17, E Brayshaw

1 Corinthians Chapter 1 - Verses 18-25 B Schwartz

John Chapter 2 - Verses 13—22

Psalm 19

Church of Christ Notices

Thurs 4th Mar 7.30pm

Bible study at A&W VanDyk's place

Sunday 7th Mar 10.00am

Worship service at the Narembeen Church of Christ

Sunday school during the service

Bible Verse: Ephesians 3:18I

pray that you and all God's holy people will have the power to understand the greatness of Christ's love – how wide and how long and how high and how deep that love is.

Seventh-day Adventist

105 Church Road, Mt. Walker

Saturday, March 6.

10:00 am. Senior's Bible Study, "Doing the Unthinkable", Key Text: Isaiah 53:5, NKJV. Also looking through chapters 50, 52 & 53.

Sabbath School for kids too when present. 11:30 am. Worship Service, via video with Dr Allan Lindsay.

The current Bible Study series on the book of Isaiah will continue to be available on an in depth Bible Study Program on your VAST TV, which screens on Channel 603 at 4:00 pm on Fridays, or there is a shorter program, "Let God Speak", at 7:00 pm Fridays.

If you're interested in seeing more of "God's Last Message to The World", the next of eight episodes will be on Channel 603 on your Vast TV decoder at 9 am this Saturday morning, and repeated at 6 pm on Tuesdays, then for the next few weeks.

ROMAN CATHOLIC

OUR LADY OF THE BLESSED SACRAMENT

Saturday, March 6

Mass 11.00am

Reader: M. Hall

Contact: R Hickey 0428 132 454

J Cusack 0408 064 727

Cleaning: R. Hickey

Home For Sale



17 Currall St, Narembeen

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SOIL REPAIR NATURALLY

VISITING OPTOMETRIST

Tuesday, March 16, 2021

@ Narembeen Medical Centre

5/19 Churchill Street Ph: 90647145



Our visiting Optometrist is returning on **March 16**.

If you need your eyes checked now is the time. We want to keep this service coming to town

for those that find it difficult to travel out of town to have their eyes tested.

Eye tests will be bulk-billed to Medicare (must have valid Medicare card).

A range of frames will also be available to choose from if required. Contact the Surgery today to book your appointment. Kellie Mortimore - Practice Manager

BIRTHDAYS



March

4th	Kellie Matheson	Greg O'Neil	
5th	Nadia Woodley	Alex Woodley	John Ketteringham
	Rochelle Contrusceri(Fricker)	Leon DeLuis	Sally Casson(Cusack)
	Raylene Mauger		
6th	Wayne Gould	Craig Ball	Simon Hunter
	Siena Shipard	Ethan Stirrat	
7th	Sharon Rayson(Yandle)	Bree Fricker	Stefan Cusack
	Lachlan Brayshaw	Jared Lutter	Lucy Currie
8th	Peter Butler		
9th	Holly Cooper	Karen Richards	
10th	Lorraine Wilson	Martia Hassett	Alyssa Birch

ANNIVERSARIES



MARCH

4th	Les & Ann(Miolini) Welsh
5th	
6th	
7th	Nola(Palmer) & Syd Parsons
8th	
9th	
10th	



COMMUNITY HEALTH INFORMATION



NAREMBEEN MEDICAL CENTRE - PHONE 9064 7145

Dr Lines practices at the Medical Centre

Hours Mon – Thurs 8.00am – 12.30pm 1.30pm – 5.00pm Friday 8.00am – 1.30pm

PLEASE BRING CURRENT PRESCRIPTIONS, MEDICARE, PENSION AND HEALTH CARE CARDS

RURAL WOMEN'S GP SERVICE – Phone 90647145 for appointments. Dr Olga Ward visits approximately 6 weekly

NURSE PRACTITIONER – Laura Black visits fortnightly

HOSPITAL - PHONE 90646222 HEALTH DIRECT 1800 022 222

Accident, emergency and acute medical.

Outpatient dressing/blood pressure checks etc–Preferred times 10.30am -11.30am or 3.30pm – 4.30pm

X-Ray service available – please phone for bookings. Only emergency X-Rays will be attended out of hours

Other services include antenatal and postnatal care, palliative care, respite service, high and low level residential care. Home and Community Care (HACC), Patient Assisted Travel Service (PATS), Videoconference facilities available for consults with some Specialists. Occupation and Speech Therapy, Dietician and Aged Care Assessment (ACAT) available by referral.

WHEATBELT ALCOHOL AND DRUG SERVICE

Phone 90413807 or 90412928

This service provides support for individuals, couples and families affected by alcohol and drugs

WHEATBELT DOMESTIC VIOLENCE UNIT

Call 1800 353 122 (24 hours) Free and Confidential

Men's Domestic Violence Helpline 1800 000 599. Victim Support Service 1800 350 074

NAREMBEEN DENTAL - JOHN COBLEY

Phone 90647397 Emergencies 0419 987 397 Appointments Thursday

CHILD, SCHOOL AND COMMUNITY HEALTH SERVICES - PHONE 90647388 or 90646222

Child Health Clinic every Tuesday at the Hospital 9am – 3.00pm

Alternatively, contact Primary health in Merredin 90410444 or Ngala 1800 111546

CENTRAL AGCARE FAMILY COUNSELLING SERVICE Counsellor Anne Hague 0427 133 711

PODIATRIST - PHONE 90646222 Please call the hospital (office hours) for appointments

ST JOHN AMBULANCE - PHONE 000 Do not call the hospital for an ambulance in an emergency.

CENTRAL WHEATBELT OCCUPATIONAL THERAPY - PHONE COURTNEY 0488 333 492

At Narembreen Medical Centre

COMING EVENTS

MARCH 2021

Wednesday	3rd	BOWLS - Round 14 Narembeen BYE Numbats: Phone Bookings from 8.00am 0422 322 289 Aqua Aerobics	8.30am - 5.30pm 11.30am
Thursday	4th	Numbats: Phone bookings from 8.00am 0422 322 289 Autumn Club AGM Wadderin Wildlife Sanctuary @ Narembeen Club	8.30am - 5.30pm 10.00am-2.00pm 5.30pm
Friday	5th	Playgroup at Numbats Centre Aqua Aerobics BOWLS - END OF MEN'S COUNTRY WEEK School Faction Swimming Carnival BOWLS - Ladies C of C Singles @ Bruce Rock	9.30am 11.30am
Saturday	6th	Church Men's Shed CRICKET - 1st Final Narembeen vs Nukarni @ Narembeen	9.00am
Sunday	7th	Church TENNIS - NAREMBEEN - Hospital Day BOWLS - Mens Social BOWLS - Ladies Championship Triples (Drawn) Sponsor G Pollard	
Monday	8th	Circuit Gym Arts and Crafts and Book Exchange at Community Shed Rhyme Time at CRC Seniors Movie at CRC International Women's Day	9.30am 10.00am-4.00pm 10.30am 1.00pm
Tuesday	9th	Senior Citizens Numbats: Phone Bookings from 8.00am 0422 322 289	2.00pm 8.30am - 5.30pm
Wednesday	10th	BOWLS - Ladies Pennant Final @ Tammin Aqua Aerobics Numbats: Phone Bookings from 8.00am 0422 322 289	11.30am 8.30am - 5.30pm

Editor: Sherrie Heather